

Proactive Meta-Moment Worksheet



1. Something happens: What is the issue or interaction you are having difficult with?
How do you usually feel when this happens?



2. Sense: Now, close your eyes and imagine how you typically react when this happens?

What are you thinking? _____

What is your body doing? _____

How are you expressing yourself? _____



3. Stop: Next, imagine yourself in that situation using a breathing exercise. Describe the exercise and make a commitment to using it.



4. See your best self: Now, that your breathing has helped you slow down, think about the very *best self* you can be in that situation. Describe yourself. I am...

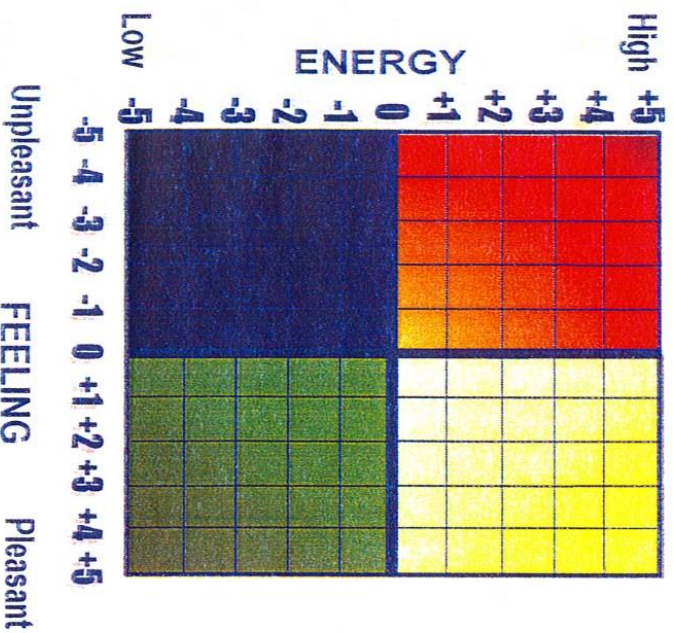


5. Strategize: Imagine your best self in the difficult situation and replace what you have done that has not worked well with positive self talk. Describe your self talk.



6. Succeed: Now that you have taken a Meta-Moment, describe a successful response to your difficult situation.

Mood Meter



1. **Where are you on the Mood Meter?**
(Recognizing)
2. **Why do you feel this way?**
(Understanding)
3. **What word best describes your current feeling?**
(Labeling)
4. **How are you expressing your feeling?**
(Expressing)
5. **How will you manage your feeling?**
(Regulating)